

BENEFITS NEWS

An Information Publication for State of California Employees

Ditch Your Desk on National Start! Walking Day

Take a stand against heart disease by participating in the National Start! Walking Day on April 8, 2009. Start! is an exciting new national activity campaign from the American Heart Association. It encourages Americans to get walking and become more active and heart healthy, especially in the workplace.

Adult Americans spend most of their waking hours at work. Unfortunately, many people spend those hours sitting at a desk. This makes them vulnerable to health risks associated with inactive lifestyles. Poor diet and lack of exercise are responsible for at least 25 percent of the healthcare costs incurred by working adults.

Studies suggest that by starting a worksite physical activity program and promoting a culture of activity, you can:

- Increase productivity
- Reduce absenteeism
- Lower turnover
- Reduce healthcare costs

Why Start! Walking?

Heart disease is this country's No. 1 killer and physical *inactivity* doubles the risk. But by exercising for at least 30 minutes each day, you can reduce your risk of heart disease. That's what the Start! program is all about.

Walking is so much more than a means of getting from point A to point B. It's a simple

physical activity that can boost your heart and help you live longer. Here are just some of the added benefits you can get by walking for as little as 30 minutes a day:

- Reduced risk of coronary heart disease
- Improved blood pressure level
- Improved blood sugar level
- Improved blood lipid profile
- Enhanced mental well-being
- Reduce the risk of osteoporosis
- Reduced risk of breast and colon cancer
- Reduce the risk of non-insulin dependent (Type 2) diabetes
- Maintain body weight and lower the risk of obesity

You don't have to do all 30 minutes at once. Taking just 10 minutes three times a day to walk will help you live longer. In fact, studies show that just one hour of vigorous exercise will increase your life expectancy by two hours.

So get walking, get healthy, and increase your life expectancy!

**National
Start!
Walking Day**

Countless people across the country are jumping on board the Start! movement. Join them by participating in the walking program and start taking a more active role in your health.

Here's what you can do to join the campaign on April 8, 2009:

- Show your support and wear sneakers to work on April 8.
- Eat a heart-healthy lunch and low fat snacks.
- Drink water throughout the day instead of high calorie sodas.
- Take the stairs instead of the elevator.
- Take a 30 minute walk and start a daily walking habit at work.
- Visit <http://heart.org/start> for tips, tools, and trackers to stay motivated with your walking program.



Start! Heart Walk

You can help save lives! The 9th annual State Employee Heart Walk will be held on Thursday, September 17, from 11:30am-1:30pm on the west steps of the State Capitol in Sacramento.

This event, sponsored by the Department of Personnel Administration and the American Heart Association (AHA), is designed to promote physical activity and heart-healthy living in an environment that's fun and rewarding for everyone.

Get Your Department Involved! Although you can register to walk as an individual, we recommend you join a team with your department.

To register your department for the walk in Sacramento, contact the AHA at (916) 446-6505 and arrange for an orientation and department rally as soon as possible. Departments in other areas should contact their local AHA office for information on events in their area.

Be active and participate in the Start! Walking Day on April 8 and the State Employee Heart Walk on September 17. Any way you choose to do it, your heart will thank you for it!

For More Information

DPA Benefits Division

(916) 322-0300

Dental Program

(916) 324-0866

Drug Testing Program

(916) 324-9386

Employee Assistance Program MHN (Managed Health Network)

1-866-327-4762

FlexElect Program

(916) 327-6429

Group Legal Services Plan ARAG®

1-866-762-0972

Group Term Life Insurance Plan

(916) 324-0533

Health Promotion Program

(916) 324-9398

Long-Term Disability Insurance Plan

(916) 324-0533

Merit Award Program

(916) 324-0522

Pre-Tax Parking

(916) 324-0526

Rural Health Care Program

(916) 327-1439

Savings Plus Program

1-866-566-4777

www.sppforu.com

SDI/FMLA

(916) 323-3343

State-Owned Housing Program

(916) 327-1438

Travel & Relocation and Vanpool Programs

(916) 324-0526

Vision Service Plan

1-800-877-7195

Workers' Compensation Program

(916) 445-9760

DPA Fax Numbers

Benefits Division

(916) 322-3769

Savings Plus Program

(916) 327-1885

Internet Address

www.dpa.ca.gov